

**(Three Locks Breath)**

Inhale slowly through both nostrils and apply *mula bandha*. Then hold the breath and apply *jalandhara bandha*. Lift head, exhale slowly and smoothly and simultaneously squeeze the stomach in with *uddiyana bandha*. Begin with ten rounds and gradually increase to twenty.

*Tribandha pranayama* purifies the *nadis* and awakens *kundalini*.

**Dirgha Rechak**

*(Long Exhale Breath)*

Inhale normally; then exhale as slowly and smoothly as possible. Concentrate on the exhalation, making it long, smooth, and subtle. Inhale again normally, and start another round. Begin with ten rounds and gradually increase to twenty.

*Dirgha rechak* makes the exhalation long and subtle. It strengthens *prana*, digestion, the lungs, and sharpens the mind and memory.

**Dirgha Purak**

*(Long Inhale Breath)*

Exhale normally; then inhale as slowly and smoothly as possible. Concentrate on the inhalation, making it long, smooth, and subtle. Exhale normally and start another round. Begin with ten rounds, gradually increasing to twenty.

*Dirgha purak* makes the inhalation long and subtle. It strengthens *prana*,

digestion, the lungs, and sharpens the mind and memory.

**Ujjayi (Victorious Breath)**

*Ujjayi* means "victorious." By this *pranayama* one gains control over *prana*. *Ujjayi* has a heating effect. Before practicing, wash the tongue and rinse the throat to loosen phlegm.

*Ujjayi* can be done sitting, standing, or even walking. Close the mouth and bend the head slightly forward, pulling the chin back a little. Inhale through both nostrils, drawing the air across the throat by slightly closing the glottis. As the air passes through the flattened glottis, a soft breathing or rubbing sound is made in the throat. Hold the breath for four to five seconds; then raise the chin, close the right nostril, and exhale through the left. The exhalation should be twice the length of the inhalation. Begin with ten rounds and increase to forty over a period of three months. Note: *In Ujjayi one may also exhale through both nostrils.*

*Ujjayi* removes phlegm in the throat, increases appetite, and is helpful for cough and fever.

*Ujjayi* is also helpful for *asthma* and *respiratory system*.

*Shitali (Cooling Breath)*  
Fold the tongue with the sides upward so it is like a tube, and extend it beyond the lips. Inhale slowly through this tube with a hissing sound; then swallow the air into the stomach and hold the breath for four or five seconds without the *bandhas*. Exhale slowly

Also called  
Nadi  
Breath  
+ Nadi  
like  
Nadi  
Breath  
+ Nadi  
like

"The world  
is not a burden;  
we make it a burden  
by our desires.  
When the desires  
are removed,  
the world is as light  
as a feather  
on an elephant's back."